


Getting Started on DASH

It's easy to adopt the DASH eating plan. Even small changes made gradually lead to significant benefits. Follow these steps to begin a healthy lifestyle for a lifetime.



kale



kidney beans



blackberries



potato



salmon

1 Assess where you are now.

The DASH eating plan requires no special foods and has no hard-to-follow recipes. One way to begin is by using the free, interactive, online [Body Weight Planner \(niddk.nih.gov/bwp\)](https://niddk.nih.gov/bwp) to find out how many calories you need per day to maintain or reach your goal weight. Then fill in the [What's on Your Plate?](#) worksheet for a few days and see how your current food habits compare with the DASH plan. This will help you see what changes you need to make.

2 Discuss medication with your doctor.

If you take medication to control high blood pressure or cholesterol, you should not stop using it. Follow the DASH eating plan and talk with your doctor about your medication treatment as part of an overall plan for wellness.

3 Make DASH a part of your healthy life.

The DASH eating plan along with other lifestyle changes can help you control your blood pressure and lower blood cholesterol. Important lifestyle recommendations include: achieve and maintain a healthy weight, get regular physical activity, and, if you drink alcohol, do so in moderation (up to one drink per day for women and up to two drinks per day for men).

4 DASH is for everyone in the family.

Start with the meal plans in [A Week With the DASH Eating Plan](#) if you want to follow the menus similar to those used in the DASH trial—then make up your own using your favorite foods. In fact, your entire family can eat meals using the DASH eating plan because it can be adapted to meet varied nutritional needs, food preferences, and dietary requirements.

5 Don't worry.

Remember that on some days the foods you eat may add up to more than the recommended servings from one food group and less from another. Or, you may have too much sodium on a particular day. Just try your best to keep the average of several days close to the DASH eating plan and the sodium level recommended for you.

DASH EATING PLAN

Healthy Eating, Proven Results

The DASH eating plan is flexible and easy to follow with many resources to help you create healthy habits for a lifetime wherever you are on your health journey.

What you choose to eat can affect your chances of developing high blood pressure, also known as hypertension. Following the DASH—Dietary Approaches to Stop Hypertension—eating plan and eating less sodium have been scientifically proven to lower blood pressure and have other health benefits.

Developed through research by the National Heart, Lung, and Blood Institute (NHLBI), the DASH eating plan emphasizes vegetables, fruits, whole grains, fish, poultry, beans, nuts, low-fat dairy, and healthy oils. It focuses on reducing sodium and limiting foods that are high in saturated fat, including fatty meats, full-fat dairy products, and tropical oils. It also limits sweets and sugar-sweetened beverages. The eating plan is aimed, in part, at helping Americans with high blood pressure, a leading risk factor for heart disease, stroke, and other health problems.

The DASH eating plan requires no special foods and has easy recipes. It's flexible and can be adapted for your entire family to meet varied nutritional needs and food preferences.

Daily and weekly nutritional goals are a key part of the DASH eating plan and help you learn about nutrition and keep track of what you eat. Complementing the eating plan with physical activity can help you control high blood pressure and create heart healthy habits for a lifetime.

The DASH Journey

Starting a new way of eating can seem overwhelming, but it doesn't have to be. DASH provides easy-to-understand guidelines, delicious recipes, and lessons to develop the skills to prepare healthy meals at home or make smart choices when dining out. Where are you on your health journey? Consider these three profiles to help you decide which resources to check out first on your way to a heart healthy way of life. Looking for a specific DASH resource? See the complete collection of Tools for a Healthy Life organized by topic following the DASH journey levels.



LEVEL 1

New to DASH

LEARN HOW TO GET STARTED

You have just been diagnosed with high blood pressure and don't know where to begin. You are ready to make a change but it all seems so overwhelming. Everywhere you turn there are quick-fix diets and complicated, expensive eating plans with special foods and many restrictions. Perhaps you discovered DASH through a web search because you are pre-hypertensive and want to learn more about prevention, or maybe your doctor told you to learn more about DASH. Understanding what is happening in your body is the first step, with gradual and easy steps to follow.

What is High Blood Pressure?

Learn the basics about high blood pressure—what it is, who is at risk, how to understand the numbers—so that you can take steps to get it under control.

Getting Started on DASH

Learn how to take the first steps to adopt the DASH eating plan—assess where you are, discuss medication, make it part of your everyday life.

Making the Move to DASH

The DASH eating plan is explained in a single page of simple tips to make the plan work for you—gradually, healthfully, and successfully.

Tips to Reduce Salt and Sodium

Complete with tips for dining out and an easy-to-read chart about sodium content in several foods, learn how to further lower sodium and gain even bigger heart healthy benefits.

Tips to Keep on Track

Follow these steps to help you get back on track even if you slip from the DASH eating plan for a few days.

Nutrition Facts Label Guide

Use this graphical insert to learn about the parts of the Nutrition Facts label and other packaging labels so you can make informed choices based on what's in the food you're buying.

HEALTHY EATING, PROVEN RESULTS

What is High Blood Pressure?

The DASH eating plan can help you control high blood pressure and achieve and maintain a healthy weight.

Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood pressure is too high, over time, you may have high blood pressure, which increases your risk of heart disease, stroke, and kidney disease.

If you have high blood pressure, you aren't alone. High blood pressure affects nearly half of U.S. adults. Many people don't know they have it, which is why it's so important to have your blood pressure checked at least once a year. If your blood pressure is high, you may be able to control it without taking medication to manage high blood pressure, which should be taken as directed. If your blood pressure is very high, you may need to take medication to manage high blood pressure, along with lifestyle changes, such as eating the DASH eating plan, getting regular physical activity, not smoking, and not drinking alcohol.

Learn more about high blood pressure at www.nhlbi.nih.gov/heart.

RISK FACTORS FOR HIGH BLOOD PRESSURE

- Age:** Blood pressure tends to get higher as you get older. Your blood pressure should be checked regularly, even if you're young and your blood pressure is normal.
- Sex:** There are differences in blood pressure between men and women. Blood pressure tends to be higher in men.
- Race or ethnicity:** Black adults have a higher risk of high blood pressure than white adults. Hispanic adults, people of Chinese descent, and people of Japanese descent have a lower risk of high blood pressure.
- Lifestyle factors:** Being inactive, eating too much sodium, drinking too much alcohol, and smoking can increase your risk of high blood pressure.

HEALTHY EATING, PROVEN RESULTS

Getting Started on DASH

It's easy to adopt the DASH eating plan. Over small changes made gradually lead to significant benefits. Follow these steps to begin a healthy lifestyle for a lifetime.

- Assess where you are now.** The DASH eating plan requires no special foods and has no hard-to-follow restrictions. It's easy to begin by taking the free interactive online *Ready, Set, Go!* Weight Planner (<http://nhi.nih.gov/readysetgo/>) to find out how many calories you need per day to maintain or reach your goal weight. Then go to the *What's on Your Plate?* worksheet for a few days and see how your current food habits compare with the DASH diet. This will help you see what changes you need to make.
- Discuss medication with your doctor.** If you take medication to control high blood pressure or cholesterol, you should not stop taking it. Follow the DASH eating plan and talk with your doctor about your medication treatment as part of an overall plan for wellness.
- Make DASH a part of your healthy life.** The DASH eating plan gets along with other lifestyle changes that help you control your blood pressure and lower blood cholesterol, important lifestyle modifications include: exercise and regular weight lifting, get regular physical activity, and, if you smoke alcohol, stop or in moderation limit one drink per day for women and two for men.
- DASH is for everyone in the family.** Start with the meal plan in *Week 10* of the DASH Eating Plan. If you want to follow the meal plan for those weeks, the DASH Plan offers advice on your eating your family's foods. In fact, you eat the family plan and you eat the DASH eating plan because it is designed to meet several nutritional goals, low fat, low sodium, and dietary requirements.
- Don't worry.** Start with the meal plan in *Week 10* of the DASH Eating Plan. If you want to follow the meal plan for those weeks, the DASH Plan offers advice on your eating your family's foods. In fact, you eat the family plan and you eat the DASH eating plan because it is designed to meet several nutritional goals, low fat, low sodium, and dietary requirements.

HEALTHY EATING, PROVEN RESULTS

Making the Move to DASH

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.

Change gradually.

- Start with one or two servings of vegetables a day, and working up to six or seven.
- Start with one or two servings of fruits a day, and working up to four or five.
- Start with one or two servings of whole grains a day, and working up to three or four.
- Start with one or two servings of low-fat dairy a day, and working up to three or four.
- Start with one or two servings of lean protein a day, and working up to three or four.
- Start with one or two servings of nuts, seeds, and soy products a day, and working up to three or four.
- Start with one or two servings of sodium-free condiments a day, and working up to three or four.
- Start with one or two servings of sodium-free beverages a day, and working up to three or four.

Select nutritious, tasty snacks.

- Choose whole grain snacks and snacks that are low in fat, sodium, and added sugars.
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Make healthy substitutions.

- Choose whole grain snacks for most snack servings to get more nutrients.
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HEALTHY EATING, PROVEN RESULTS

Tips to Reduce Salt and Sodium

Studies have found that the DASH eating plan can lower blood pressure by an average of 2.8 mmHg. Eating less sodium can reduce your risk of heart disease and other health benefits.

Read the label. Check the Nutrition Facts label for sodium content. Look for the % Daily Value. A good rule of thumb is to choose products with 5% or less sodium per serving.

Choose low-sodium products. Look for products labeled "low sodium" or "reduced sodium." These products have less sodium than the original product.

Use herbs and spices. Use herbs and spices to add flavor to your food instead of salt.

Limit processed foods. Many processed foods are high in sodium. Limit your intake of processed foods.

Limit fast food. Fast food is often high in sodium. Limit your intake of fast food.

Limit alcohol. Alcohol can increase blood pressure. Limit your intake of alcohol.

Limit caffeine. Caffeine can increase blood pressure. Limit your intake of caffeine.

Limit sugar. Sugar can increase blood pressure. Limit your intake of sugar.

Limit fat. Fat can increase blood pressure. Limit your intake of fat.

Limit salt. Salt can increase blood pressure. Limit your intake of salt.

HEALTHY EATING, PROVEN RESULTS

Tips to Keep on Track

The DASH eating plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track.

- Ask yourself if you got off track.** Was it a part of your plan? Were you feeling stressed or overwhelmed? Find out what triggered your slip and start again with the DASH plan.
- Don't worry about a slip.** Everyone slips—especially when learning something new. Remember that reaching your health goals is a long-term process.
- See if you tried to do too much at once.** Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Start with the goal that is the best way to succeed.
- Break the process down into small steps.** Think of one step at a time. Start with one or two things at a time, but also keep the "bigger picture" in mind. Don't get discouraged if you don't see results right away.
- Write it down.** Learn what your daily calorie level should be to maintain or reach your goal weight by using the free interactive online *Ready, Set, Go!* Weight Planner (<http://nhi.nih.gov/readysetgo/>). Then use the *What's on Your Plate?* worksheet to track a day of eating and see how you did. Adjust your goal weight if needed. Write down your goal weight and how you did. You may find, for instance, that you eat sugar or salty snacks while watching television. If so, try watching television with a friend. This might help you see how you're getting enough of each food group each day.
- Celebrate success.** You should reward yourself for your accomplishments. You could give yourself a new movie, get a massage, or buy yourself flowers or a plant. Give it a new meaning, get a message, or buy yourself flowers or a plant.

HEALTHY EATING, PROVEN RESULTS

Nutrition Facts Label Guide

Learning how to read labels on food packaging can help you make quick, informed decisions about what foods to choose.

The DASH eating plan can lower blood pressure and other health goals. Labels on food packaging can help you make quick, informed decisions about what foods to choose.

Read the label. Check the Nutrition Facts label for sodium content. Look for the % Daily Value. A good rule of thumb is to choose products with 5% or less sodium per serving.

Choose low-sodium products. Look for products labeled "low sodium" or "reduced sodium." These products have less sodium than the original product.

Use herbs and spices. Use herbs and spices to add flavor to your food instead of salt.

Limit processed foods. Many processed foods are high in sodium. Limit your intake of processed foods.

Limit fast food. Fast food is often high in sodium. Limit your intake of fast food.

Limit alcohol. Alcohol can increase blood pressure. Limit your intake of alcohol.

Limit caffeine. Caffeine can increase blood pressure. Limit your intake of caffeine.

Limit sugar. Sugar can increase blood pressure. Limit your intake of sugar.

Limit fat. Fat can increase blood pressure. Limit your intake of fat.

Limit salt. Salt can increase blood pressure. Limit your intake of salt.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



NIH National Heart, Lung, and Blood Institute

LEVEL 2

Next Level DASH

KEEP IMPROVING ON YOUR HEALTH JOURNEY

You are familiar with the basics of DASH, and you're ready to learn more about how to take it to the next level. You want to exercise more, and are eager to manage your high blood pressure. You have seen benefits from a gradual approach to changing your eating habits and want to learn more about meal planning and adding new foods to your diet. You have started by gradually eating more fruits and vegetables and are seeking information about easy recipes to add variety and keep you motivated.

A Week With the DASH Eating Plan

This comprehensive guide provides a complete set of menus to help you plan healthy, delicious meals for a week.

What's on Your Plate?

These worksheets help you track what you eat and drink and describe serving sizes in each of the major food groups. They can help you can assess your current eating habits or monitor your efforts with DASH based on your caloric needs ranging from 1,200 to 2,600 calories per day.

Tips to Lowering Calories on DASH

Read about easy food substitutions to help you lose weight and maintain it once you do.

Getting More Potassium

Learn about this heart healthy mineral's benefits and find a list of potassium-rich foods to help lower high blood pressure.

Get Active With DASH

Being more active bolsters the benefits of the DASH eating plan. Learn how to gradually move more to make physical activity part of your daily routine and your heart healthy life.

Delicious Heart Healthy Eating Website

In this vast online collection of DASH-friendly recipes, you'll find a variety of cuisines and resources for families, educational videos, and meal planning and cooking tips.

DASH EATING PLAN

A Week With the DASH Eating Plan

HEALTHY EATING PROVEN RESULTS
Eating a variety of delicious foods and cutting back on salt can help lower your blood pressure. What are you waiting for? Take control of your heart health with the DASH eating plan.

The DASH eating plan requires no special foods and no reducing portions. The following DASH eating plan allows you to plan healthy meals for a week. There are 700 calories per meal, which adds up to 2,800 calories per day. This amount is suitable for most adults. You can adjust the amount of food to suit your needs. The DASH eating plan is based on 8 servings of fruits and vegetables, 5 servings of whole grains, 2 servings of low-fat dairy, and 2 servings of lean protein. It also includes nuts, seeds, and olive oil.

These menus give examples of heart healthy meals. You can create your own menu by using the DASH eating plan as a guide. Start by keeping the same amount of food as the DASH eating plan. Then, you can adjust the amount of food to suit your needs. The DASH eating plan is based on 8 servings of fruits and vegetables, 5 servings of whole grains, 2 servings of low-fat dairy, and 2 servings of lean protein. It also includes nuts, seeds, and olive oil.

Build around the recommended number of servings to meet the DASH eating plan. Read more about the DASH eating plan at www.nhlbi.nih.gov/dash.

DASH EATING PLAN

DASH EATING PLAN

What's on Your Plate?

1,200 calories a day

To find your specific daily calorie needs, use the [DASH eating plan](http://www.nhlbi.nih.gov/dash) by using the worksheet for 12 days. List the food amount, calories, sodium, and potassium for each serving. Then, your serving by checking off the corresponding number of circles.

MEAL	FOOD	CALORIES	SODIUM (MG)	POTASSIUM (MG)
BREAKFAST	Whole grain oat	100	10	100
	Low-fat milk	100	10	100
	Low-fat yogurt	100	10	100
LUNCH	Whole grain bread	100	10	100
	Low-fat milk	100	10	100
	Low-fat yogurt	100	10	100
DINNER	Whole grain rice	100	10	100
	Low-fat milk	100	10	100
	Low-fat yogurt	100	10	100
SNACKS	Whole grain bread	100	10	100
	Low-fat milk	100	10	100
	Low-fat yogurt	100	10	100

Total daily calories: 1,200
Total daily sodium: 100 mg
Total daily potassium: 1,000 mg

DASH EATING PLAN

DASH EATING PLAN

Tips to Lowering Calories on DASH

HEALTHY EATING PROVEN RESULTS
Making simple substitutions can cut calories and add up to a big difference in your weight as you aim for your DASH goals.

The DASH eating plan may help you lose weight. It's rich in fiber, whole grains, fruits, and vegetables, which provide a lot of nutrients and help you feel full. It's also low in sodium, which helps lower blood pressure. The DASH eating plan is based on 8 servings of fruits and vegetables, 5 servings of whole grains, 2 servings of low-fat dairy, and 2 servings of lean protein. It also includes nuts, seeds, and olive oil.

Replace high-calorie foods with lower-calorie choices. For example, use low-fat milk instead of whole milk, and use low-fat yogurt instead of full-fat yogurt. You can also use low-fat cheese instead of full-fat cheese. You can also use low-fat butter instead of full-fat butter. You can also use low-fat oil instead of full-fat oil.

DASH EATING PLAN

DASH EATING PLAN

Getting More Potassium

HEALTHY EATING PROVEN RESULTS
Potassium is a heart healthy mineral that helps your body function properly.

Increasing potassium by eating potassium-rich foods can help lower blood pressure. Potassium is a heart healthy mineral that helps your body function properly. It is found in many fruits, vegetables, and dairy products. You can also get potassium from supplements. However, it's best to get potassium from food.

DASH EATING PLAN

DASH EATING PLAN

Get Active With DASH

HEALTHY EATING PROVEN RESULTS
Combining the DASH eating plan and physical activity can lower high blood pressure and make your heart healthier.

Being more active bolsters the benefits of the DASH eating plan. Physical activity can help lower blood pressure and improve heart health. You can start with simple activities like walking, gardening, or taking the stairs. You can also join a gym or take a class. The DASH eating plan is based on 8 servings of fruits and vegetables, 5 servings of whole grains, 2 servings of low-fat dairy, and 2 servings of lean protein. It also includes nuts, seeds, and olive oil.

DASH EATING PLAN

DASH EATING PLAN

Directions

1. Thaw frozen vegetables in the microwave or place entire bag in a bowl of cold water for about 30 minutes. Set aside until step 7.
2. Put egg whites in one bowl and cornstarch in another. Dip stick strips into egg white and then coat with cornstarch.
3. Heat oil in a large wok or sauté pan.
4. Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
5. Add stick strips to pan and continue to stir fry until stick strips are lightly browned, about 5-8 minutes.
6. Add hoisin sauce, soy sauce, orange juice, and cherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
7. Add the thawed vegetables and mix carefully. Simmer until vegetables are heated through, about 3-4 minutes.
8. Divide mixture into four equal portions (about 2 cups each) and serve.

Prep Time: 10 minutes
Cook Time: 20 minutes
Yields: 4 servings
Serving Size: 2 cups meat and vegetables

MAKES 4 SERVINGS
Each serving provides 200 calories, 10g protein, 10g fat, 20g carbohydrate, 20g cholesterol, 400mg sodium, 21g potassium, 21g carbohydrate, 400mg potassium, 10g fiber.

TIP: Delicious over rice or Asian-style noodles. Toss with a cold glass of milk.

DASH EATING PLAN

You are an expert about DASH from either adopting it in your own life or as a health professional. Perhaps you're a physician, community health advocate, dietitian, or nutrition coach who discusses DASH with clients. Perhaps you simply want to know all of the details about DASH and why it's a proven plan. Health professionals are encouraged to use the entire collection of DASH materials based on client needs. "Why the DASH Eating Plan Works" resource provides a summary of the decades of science behind DASH, while the website delves into multiple studies and links to other medical, scientific, and governmental resources.

Why the DASH Eating Plan Works

The DASH eating plan is based on decades of scientific research and data from multiple studies. Learn about the science behind DASH and why it's so effective.

DASH Website

NHLBI has information about the DASH eating plan, clinical trials, related health topics, and downloads for all of the DASH materials.

DASH EATING PLAN

Why the DASH Eating Plan Works

What you choose to eat affects your chances of developing hypertension, otherwise known as high blood pressure. Blood pressure can be unhealthy even if it stays only slightly above the optimal level of less than 120/80 mmHg. The more your blood pressure rises above normal, the greater the health risk.

Scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) have conducted multiple scientific trials since the Dietary Approaches to Stop Hypertension—or DASH eating plan—was developed more than 20 years ago. Their findings showed that blood pressures were reduced with an eating plan that emphasizes vegetables, fruits, and whole grains and includes fish, poultry, beans, nuts, and healthy oils. It limits foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. It is also lower in sodium compared to the typical American diet and reduces sugar-sweetened beverages and sweets.

HEALTHY EATING, PROVEN RESULTS

Scientific studies show that following DASH and eating less sodium can help you lower your blood pressure and LDL cholesterol.

The DASH eating plan follows heart healthy guidelines to limit saturated fat and trans fat. It focuses on eating more foods rich in nutrients that can help lower blood pressure—mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it also meets other nutrient requirements as recommended by the National Academies of Sciences, Engineering, and Medicine.

DAILY NUTRIENT LEVELS OF THE ORIGINAL DASH EATING PLAN

Total Fat	27% of calories
Saturated Fat	6% of calories
Protein	18% of calories
Carbohydrate	59% of calories
Sodium	2,300 mg*
Potassium	4,700 mg
Calcium	1,200 mg
Magnesium	500 mg
Cholesterol	150 mg
Fiber	30g

*Lower sodium to 1,500 mg for further reduction in blood pressure, if needed.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.

National Heart, Lung, and Blood Institute

Stir-Fried Orange Beef

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

2 Grains
1 1/2 Vegetables
0 Fruits
1 Dairy
3 Meats, Fish, and Poultry
0 Nuts, Seeds, and Legumes
1 1/4 Fats and Oils
0 Sweets and Added Sugars

INGREDIENTS

- 1 bag (12 oz) frozen stir-fry vegetables
- 1 tbsp peanut or vegetable oil
- 1 tbsp onion, minced (or 1/2 tbsp dried)
- 1 tbsp garlic, minced (about 2-3 cloves)
- 1 tbsp ginger, minced
- 1 egg white, lightly beaten (or substitute liquid egg white)
- 2 tbsp cornstarch
- 12 oz beef flank steak, sliced into thin strips
- 3 tbsp Hoisin sauce
- 1 tbsp lite soy sauce
- 1/4 cup orange juice
- 1 tbsp dry sherry (optional)

DIRECTIONS

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of cold water for about 30 minutes). Set aside until step 7.
- 2 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 3 Heat oil in a large wok or sauté pan.
- 4 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5-8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.

Prep time
10 minutes

Cook time
20 minutes

Yields

DASH EATING PLAN

Tools for a Healthy Life

HEALTHY EATING, PROVEN RESULTS

The NHLBI has developed many user-friendly materials to help you follow the DASH eating plan, understand how it works, try new foods, and make smart choices on your journey to a healthy lifestyle.

THE SCIENCE BEHIND DASH

Get information about high blood pressure along with scientific research on how DASH works.

What is High Blood Pressure?

Learn the basics about high blood pressure—what it is, who is at risk, how to understand the numbers—so that you can take steps to get it under control.

Why the DASH Eating Plan Works

The DASH eating plan is based on decades of scientific research and data from multiple studies. Learn about the science behind DASH and why it's so effective.

DASH EATING PLAN

What is High Blood Pressure?



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressure, you may have high blood pressure, also known as hypertension. If you have high blood pressure, you aren't alone. High blood pressure affects nearly half of U.S. adults. Many people don't even know they have it, which is why it's so important to have your blood pressure checked at least once a year.

Understanding high blood pressure
Blood pressure rises and falls during the day. But when it stays elevated over time, it's called high blood pressure. It's dangerous because the heart is working too hard, and the force of the blood flow can harm arteries and organs. High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. High blood pressure often has no warning signs or symptoms. That's why it's called a "silent killer." If uncontrolled, it harms your heart and contributes to kidney disease, stroke, blindness, and dementia.

Managing high blood pressure
Sometimes health care providers prescribe medication to manage high blood pressure, which should be taken as directed. If your blood pressure isn't too high, you may be able to control it entirely by following the DASH eating plan, losing even just a little weight, getting regular physical activity, mindfully managing stress, cutting down on alcohol, and not smoking.

Learn more about high blood pressure at www.nhlbi.nih.gov/hypertension.

HEALTHY EATING, PROVEN RESULTS

The DASH eating plan can help you control high blood pressure and achieve and maintain a healthy weight.

RISK FACTORS FOR HIGH BLOOD PRESSURE

Age: Blood pressure tends to get higher as we get older. Our blood vessels naturally thicken and stiffen over time. But many younger people, including children and teens, develop high blood pressure, too.

Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.

Race or ethnicity: White women can have high blood pressure. African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.

Lifestyle habits: Eating unhealthy foods, especially those with too much salt, drinking too much alcohol or caffeine, being obese, smoking, and not getting enough exercise can raise blood pressure.

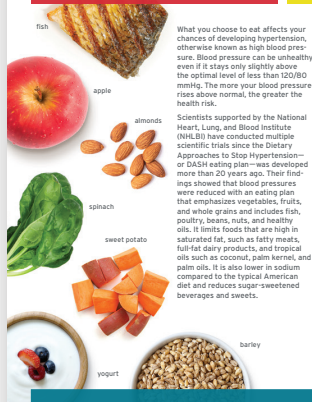
DAILY NUTRIENT LEVELS OF THE ORIGINAL DASH EATING PLAN

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Calcium	1,250 mg
Magnesium	500 mg
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Fiber	30 g

*Lower sodium to 1,500 mg for further reduction in blood pressure if needed.

DASH EATING PLAN

Why the DASH Eating Plan Works



What you choose to eat affects your chances of developing hypertension, otherwise known as high blood pressure. Blood pressure can be unhealthy even if it stays only slightly above the optimal level of less than 120/80 mmHg. The more your blood pressure rises above normal, the greater the health risk.

Scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) have conducted multiple scientific trials since the Dietary Approaches to Stop Hypertension—or DASH eating plan—was developed more than 20 years ago. Their findings showed that blood pressures were reduced with an eating plan that emphasizes vegetables, fruits, and whole grains and includes fish, poultry, beans, nuts, and healthy oils. It limits foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. It is also lower in sodium compared to the typical American diet and reduces sugar-sweetened beverages and sweets.

The DASH eating plan follows heart healthy guidelines to limit saturated fat and trans fat. It focuses on eating more foods rich in nutrients that can help lower blood pressure—mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it also meets other nutrient requirements as recommended by the National Academies of Sciences, Engineering, and Medicine.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/dash.

DASH WEB RESOURCES

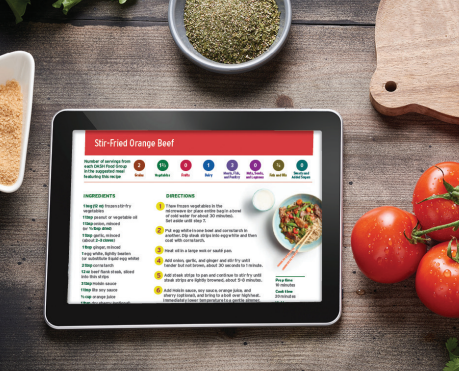
Comprehensive websites keep you current about how to live a healthy life with DASH.

DASH Website

NHLBI has information about the DASH eating plan, clinical trials, related health topics, and downloads for all of the DASH materials.

Delicious Heart Healthy Eating Website

In this vast online collection of DASH-friendly recipes, you'll find a variety of cuisines and resources for families, educational videos, and meal planning and cooking tips.



Stir-Fried Orange Beef

Recipe of orange beef and vegetables from the DASH eating plan.

INGREDIENTS: 1 lb lean beef (90% lean), 1 cup soy sauce, 1 cup orange juice, 1 cup vegetable oil, 1 cup green onions, 1 cup carrots, 1 cup bell peppers, 1 cup mushrooms, 1 cup broccoli, 1 cup cauliflower, 1 cup snow peas, 1 cup bean sprouts, 1 cup water, 1 cup rice, 1 cup soybean oil, 1 cup soybean meal, 1 cup soybean hulls, 1 cup soybean straw, 1 cup soybean chaff, 1 cup soybean dust, 1 cup soybean meal, 1 cup soybean hulls, 1 cup soybean straw, 1 cup soybean chaff, 1 cup soybean dust.

DIRECTIONS: 1. Heat oil in a large skillet over medium heat. 2. Add beef and cook until browned. 3. Add vegetables and cook until tender. 4. Add soy sauce and orange juice. 5. Simmer for 10 minutes. 6. Add rice and serve.



Following the DASH Eating Plan FOR 2,000 CALORIES PER DAY

Grains	Vegetables	Fruits	Dairy
<p>4-6 SERVINGS PER DAY</p> <p>Amount of flour and equivalent</p> <ul style="list-style-type: none"> White rice Whole wheat flour Whole wheat flour Whole wheat flour Whole wheat flour Whole wheat flour Whole wheat flour Whole wheat flour Whole wheat flour Whole wheat flour 	<p>4-5 SERVINGS PER DAY</p> <p>Amount of potatoes, tomatoes, and fiber</p> <ul style="list-style-type: none"> Spinach Broccoli Carrots Peas Beans Onions Pumpkin seeds Soybeans Almonds Walnuts Peanut butter Yogurt Cheese Milk Ice cream 	<p>2-3 SERVINGS PER DAY</p> <p>Amount of potatoes, tomatoes, and fiber</p> <ul style="list-style-type: none"> Apples Oranges Bananas Grapes Peaches Pineapples Strawberries Raspberries Blackberries Blueberries Cherries Plums Pears Avocados Olives Coconut Almonds Walnuts Peanut butter Yogurt Cheese Milk Ice cream 	<p>3-4 SERVINGS PER DAY</p> <p>Amount of potatoes, tomatoes, and fiber</p> <ul style="list-style-type: none"> Spinach Broccoli Carrots Peas Beans Onions Pumpkin seeds Soybeans Almonds Walnuts Peanut butter Yogurt Cheese Milk Ice cream

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Tools for a Healthy Life

THE HEALTHY BASICS OF DASH

Start your journey to healthy living on DASH with these tools to inform, inspire and motivate.

Getting Started on DASH

Learn how to take the first steps to adopt the DASH eating plan—assess where you are, discuss medication, make it part of your everyday life.

Making the Move to DASH

The DASH eating plan is explained in a single page of simple tips to make the plan work for you—gradually, healthfully, and successfully.

DASH EATING PLAN

Getting Started on DASH

- 1. Assess where you are now.**
The DASH eating plan requires no special foods and has no hard-to-follow recipes. One way to begin is by using the free, interactive, online Body Weight Planner (indk.nih.gov/bwp) to find out how many calories you need per day to maintain or reach your goal weight. Then fill in the What's on Your Plate? worksheet for a few days and see how your current food habits compare with the DASH plan. This will help you see what changes you need to make.
- 2. Discuss medication with your doctor.**
If you take medication to control high blood pressure or cholesterol, you should not stop using it. Follow the DASH eating plan and talk with your doctor about your medication treatment as part of an overall plan for wellness.
- 3. Make DASH a part of your healthy life.**
The DASH eating plan along with other lifestyle changes can help you control your blood pressure and lower blood cholesterol. Important lifestyle recommendations include: achieve and maintain a healthy weight, get regular physical activity, and, if you drink alcohol, do so in moderation (no more than one drink per day for women and up to two drinks per day for men).
- 4. DASH is for everyone in the family.**
Start with the meal plans in 4 Weeks With the DASH Eating Plan. If you want to follow the menus similar to those used in the DASH trial—then make up your own using your favorite foods. In fact, your entire family can eat meals using the DASH eating plan because it can be adapted to meet varied nutritional needs, food preferences, and dietary requirements.
- 5. Don't worry.**
Remember that on some days the foods you eat may add up to more than the recommended servings from one food group and less from another. Or, you may have too much sodium on a particular day. Just try your best to keep the average of several days close to the DASH eating plan and the sodium level recommended for you.

HEALTHY EATING, PROVEN RESULTS

It's easy to adopt the DASH eating plan. Even small changes made gradually lead to significant benefits. Follow these steps to begin a healthy lifestyle for a lifetime.

DASH EATING PLAN The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.

National Heart, Lung, and Blood Institute

1

DASH EATING PLAN

Making the Move to DASH

Change gradually.

- 1 If you now eat one or two servings of vegetables a day, add a serving at lunch and another at dinner.
- 2 If you don't eat fruit now or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
- 3 Gradually increase your use of milk, yogurt, and cheese to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol.
- 4 Choose fat-free or low-fat (1 percent) milk, yogurt, and reduced-fat cheese to reduce your intake of saturated fat, cholesterol, and calories and to increase your calcium.
- 5 Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and trans fat.

Vary your proteins.

- 6 Choose lean cuts of meat and remove skin from poultry.
- 7 Check the labels on ground meats and poultry and select those with lowest saturated fat.
- 8 Serve fish instead of meat or poultry once or twice each week.
- 9 Include two or more vegetarian (meatless) meals each week.

HEALTHY EATING, PROVEN RESULTS

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.

- 10 Aim to fill 1/3 your plate with vegetables and fruits, 1/3 with whole grains, and 1/3 with fish, lean meat, poultry, or beans.
- 11 Add extra vegetables to casseroles, pasta, and stir-fry dishes.

Select nutritious, tasty snacks.

- 12 Fruits offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits are fast and easy and dried fruits are a good choice to carry with you or to have in the car.
- 13 Try these snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables.

Make healthy substitutions.

- 14 Choose whole grain foods for most grains servings to get more nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- 15 If you have trouble digesting milk and milk products, try taking lactase enzyme pills with the milk products. Or, buy lactose-free milk.
- 16 If you are allergic to nuts, use beans or seeds (such as sunflower, flax, or sesame seeds).

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1

Tips to Keep on Track

Follow these steps to help you get back on track even if you slip from the DASH eating plan for a few days.

Get Active With DASH

Being more active bolsters the benefits of the DASH eating plan. Learn how to gradually move more to make physical activity part of your daily routine and your heart healthy life.

DASH EATING PLAN

Tips to Keep on Track

- 1. Ask yourself why you got off track.**
Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack and start again with the DASH plan.
- 2. Don't worry about a slip.**
Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.
- 3. See if you tried to do too much at once.**
Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.
- 4. Break the process down into small steps.**
This not only keeps you from trying to do too much at once, but also keeps the changes easier. Break complex goals into simpler, attainable steps.
- 5. Write it down.**
Learn what your daily calorie level should be to maintain or reach your goal weight by using the free, interactive, online Body Weight Planner (indk.nih.gov/bwp). Then use the What's on Your Plate? worksheet to keep track of what you eat and drink. Knowing what your goal is and then keeping track for several days can help you succeed. You may find, for instance, that you eat sugary or salty snacks while watching television. If so, try keeping healthier snacks on hand. This record also helps you be sure you're getting enough of each food group each day.
- 6. Celebrate success.**
Treat yourself to a nonfood reward for your accomplishments. You could see a new movie, get a massage, or buy yourself flowers or a fun gift.

HEALTHY EATING, PROVEN RESULTS

The DASH eating plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track.

DASH EATING PLAN The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.

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1

DASH EATING PLAN

Get Active With DASH

Making physical activity part of your daily life while following the DASH eating plan multiplies the health benefits. Being active can lower high blood pressure, improve cholesterol and blood glucose levels, protect your heart, improve blood flow, and help you manage stress. The good news is there are many ways to make moving more part of your life gradually.

Types of physical activity
The four main types of physical activity are aerobic, muscle-strengthening, bone-strengthening, and stretching.

- 1 Aerobic. Also called endurance activity, aerobic activity benefits your heart and lungs the most. Brisk walking, running, bicycling, jumping rope, and swimming are all examples.
- 2 Muscle-strengthening. Resistance training and weight lifting improve your power and endurance. You can also use elastic bands or body weight for resistance, like doing push-ups.
- 3 Bone-strengthening. Weight-bearing activities such as running, walking, jumping rope, and lifting weights, make your bones strong.
- 4 Stretching. Stretching improves your flexibility and your ability to fully move your joints making all other activity possible. Touching your toes, side stretches, and yoga are some examples.

HEALTHY EATING, PROVEN RESULTS

Combining the DASH eating plan and physical activity can lower high blood pressure and make your heart healthier.

How much activity is needed?
Adults should get at least 2 1/2 hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week. If you don't have high blood pressure, being physically active can help keep it that way.

Increase activity to multiply the benefits
If you have high blood pressure, the benefits of physical activity are actually greater than in those with normal blood pressure. Both aerobic and muscle-strengthening activities are beneficial. Moderate-intensity activity for about 90 minutes a week or 40 minutes of vigorous-intensity activity helps to substantially lower your risk of heart disease. If you have high blood pressure, work with your doctor as you increase your physical activity, as adjustments to medication may be needed.

Everyone can benefit by being active
If you don't have high blood pressure but still aren't active, you can benefit from increasing your physical activity to recommended levels. Physical activity can help lower blood pressure and reduce your risk of becoming overweight or obese or developing diabetes.

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1

Tools for a Healthy Life

DASH NUTRITION PLANNING

Learn how to shop for healthy foods and easy tips for dining out and everyday choices on DASH.

Nutrition Facts Label Guide

Use this graphical insert to learn about the parts of the Nutrition Facts label and other packaging labels so you can make informed choices based on what's in the food you're buying.

Getting More Potassium

Learn about this heart healthy mineral's benefits and find a list of potassium-rich foods to help lower high blood pressure.

DASH EATING PLAN

Nutrition Facts Label Guide

While fresh fruits and vegetables, whole grains, and other less processed foods are important to a healthy diet, you can make smart choices about picketed or processed foods when you know what to look for. The array of items on the grocery store shelf can be confusing, but food labels can help you make healthier choices, such as items lower in sodium, saturated fat, sugar, and calories and higher in potassium and calcium.

The DASH eating plan can lower high blood pressure in as fast as two weeks. Eating less sodium creates even greater heart healthy benefits. Look for the sodium content in milligrams and the Percent Daily Value on Nutrition Facts labels and aim for foods that are less than 5 percent of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high and can increase your blood pressure.

HEALTHY EATING, PROVEN RESULTS

Learning how to read labels on food packaging can help you make quick, informed decisions about what foods to choose.

Low-sodium canned diced tomatoes

Nutrition Facts	
1 1/2 servings per container	
Serving Size 1/2 cup (130g)	
Amount Per Serving	
Calories 25	
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 5mg	1%
Total Carbohydrate 5g	1%
Dietary Fiber 1g	4%
Total Sugar 0g	0%
Percent DV	% Daily Value
Vitamin A 400IU	8%
Vitamin C 9mg	18%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 200mg	4%

Canned diced tomatoes

Nutrition Facts	
1 1/2 servings per container	
Serving Size 1/2 cup (130g)	
Amount Per Serving	
Calories 25	
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 10mg	2%
Total Carbohydrate 5g	1%
Dietary Fiber 1g	4%
Total Sugar 0g	0%
Percent DV	% Daily Value
Vitamin A 400IU	8%
Vitamin C 9mg	18%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 200mg	4%

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DASH EATING PLAN

Getting More Potassium

Increasing potassium by eating potassium-rich food is recommended for adults with high blood pressure who are otherwise healthy. While salt substitutes containing potassium are sometimes needed if you are on medication for high blood pressure, these supplements can be harmful to people with certain medical conditions. Ask your doctor before trying salt substitutes or supplements.

Fortunately, many healthy foods in the DASH eating plan are naturally rich in potassium, with vegetables and fruits being especially good sources.

HEALTHY EATING, PROVEN RESULTS

Potassium is a heart healthy mineral that helps your body function properly and keeps blood pressure levels healthy.

Fruits

Many people know that bananas are a good source of potassium with 422 mg in a medium one, but dried fruits like peaches and apricots are also loaded with potassium and easy to have on hand for healthy snacks.

Dairy

One cup of plain, non-fat yogurt has 679 mg of potassium. Combine with fresh fruit like chopped bananas to add flavor and even more potassium. It can also be used as a dip, condiment, or substitution for high-fat dairy.

Fish

Baked potatoes are easy to prepare and one of the best sources of potassium. One medium baked potato with the skin on has 941 mg of potassium. Top with herbs or salt-free seasonings so you can avoid any extra sodium.

Vegetables

Baked potatoes are easy to prepare and one of the best sources of potassium. One medium baked potato with the skin on has 941 mg of potassium. Top with herbs or salt-free seasonings so you can avoid any extra sodium.

EASY DASH RECIPES PACKED WITH POTASSIUM

Summer Breeze Smoothie
Non-fat plain yogurt, banana, strawberries, canned pineapple and a touch of vanilla make a refreshing treat.

Spicy Baked Fish
A salmon fillet, olive oil, and salt-free spices seasoned baked for 15 minutes tastes easy, and delicious.

Garlic Mashed Potatoes
No added salt or fat is used in this easy-to-prepare, tasty potato dish that can even be made in the microwave.

Limas and Spinach
This delicious dish delivers 400 mg potassium per serving by combining two potassium powerhouses.

To find these and other potassium-rich recipes, visit healthyeating.nhlbi.nih.gov.

DASH EATING PLAN The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.

Tips To Reduce Salt and Sodium

Complete with tips for dining out and an easy-to-read chart about sodium content in several foods, learn how to further lower sodium and gain even bigger heart healthy benefits.

Tips to Lowering Calories on DASH

Read about easy food substitutions to help you lose weight and maintain it once you do.

DASH EATING PLAN

Tips to Reduce Salt and Sodium

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

HEALTHY EATING, PROVEN RESULTS

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, broiled, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham) foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

EASY TIPS FOR DINING OUT

Move the salt shaker away.
This simple first step could become second nature.

Research the restaurant's menu before going out.
Check online nutrition information and then read these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.
Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.
A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.
Choose fruits or vegetables instead of salty snacks, chips, or fries.

REPLACE HIGH CALORIE FOODS WITH LOWER CALORIE CHOICES

To increase fruits—

- Eat plain oatmeal with fresh fruit instead of sugary cereal for breakfast.
- Instead of pre-sweetened yogurt, add fruit to plain, low-fat yogurt.
- Eat fruits canned in their own juice or in water, not syrup.

To increase vegetables and reduce meat—

- Have a hamburger that's 3 ounces of meat instead of 6 ounces. Serve with 1/2 cup of carrots or 1 cup of spinach.
- Instead of 5 ounces of chicken, have a stir fry with 2 ounces of chicken and 1 1/2 cups of fresh vegetables.

To increase fat-free or low-fat milk products—

- Have 1/2 cup serving of low-fat frozen yogurt instead of full-fat ice cream.
- If you're lactose intolerant, have small, frequent servings of yogurt, cheese, lactose-free, low-fat, or fat-free milk.

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DASH EATING PLAN

Tips to Lowering Calories on DASH

The DASH eating plan may help you lose weight. It's rich in lower-calorie foods, such as fruits and vegetables, which provide a rich source of nutrients and help make you feel full longer. The best way to take off pounds is to do so gradually—get more physical activity and eat a balanced diet lower in calories and unhealthy fat. Following the DASH eating plan and reducing your total daily calories over time can help you maintain a healthy weight.

The DASH eating plan is rich in fiber, which makes you feel full and is good for your body, but may cause some bloating and diarrhea at first. To avoid these problems, gradually increase the amount of fruit, vegetables, and whole grain foods that you eat over several weeks and drink more water. Your body should adjust, and you'll be on your way to a life of healthy eating.

HEALTHY EATING, PROVEN RESULTS

Making simple substitutions can cut calories and add up to a big difference in your weight as you aim for your DASH goals.

REPLACE HIGH CALORIE FOODS WITH LOWER CALORIE CHOICES

To increase fruits—

- Eat plain oatmeal with fresh fruit instead of sugary cereal for breakfast.
- Instead of pre-sweetened yogurt, add fruit to plain, low-fat yogurt.
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To increase vegetables and reduce meat—

- Have a hamburger that's 3 ounces of meat instead of 6 ounces. Serve with 1/2 cup of carrots or 1 cup of spinach.
- Instead of 5 ounces of chicken, have a stir fry with 2 ounces of chicken and 1 1/2 cups of fresh vegetables.

To increase fat-free or low-fat milk products—

- Have 1/2 cup serving of low-fat frozen yogurt instead of full-fat ice cream.
- If you're lactose intolerant, have small, frequent servings of yogurt, cheese, lactose-free, low-fat, or fat-free milk.

Tips for reducing calories

- Reduce the amount of meat that you eat while increasing the amount of fruits, vegetables, whole grains, and cooked dry beans.
- Substitute low-calorie foods, such as when snacking (choose fruits or vegetables instead of sweets and desserts) or drinking (choose water or seltzer water instead of soda or juice).
- Use fresh or dried herbs and sodium-free spices in cooking instead of extra condiments to add flavor to dishes.
- Put a bowl of fruit on the kitchen counter and make a family agreement not to have chips or other high-calorie, high-sodium snacks.

Learn more about living a heart healthy life and maintaining a healthy weight at www.nhlbi.nih.gov/health-topics/heart-healthy-living.

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Tools for a Healthy Life

DASH MENUS AND WORKSHEETS

Take the mystery out of weekly meal planning and monitor your individual progress on DASH.

A Week With the DASH Eating Plan
This comprehensive guide provides a complete set of menus to help you plan healthy, delicious meals for a week.

DASH EATING PLAN

A Week With the DASH Eating Plan

The DASH eating plan requires no special foods and has no hard-to-follow recipes. The following DASH menus allow you to plan healthy, nutritious meals for a week. There are a variety of delicious whole foods that fill you up while lowering your blood pressure and cholesterol levels. You'll find plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy.

Built around the recommended number of servings in each of the DASH food groups, these menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced-fat versions of products. These menus are based on 2,000 calories a day. Serving sizes should be increased or decreased for other calorie levels. Daily sodium levels are either 2,300 milligrams or, by making the suggested changes, 1,500 milligrams.

The total daily servings by DASH food group are listed at the top. Next to each food item on the daily menu, you can check the exact serving amount for that item.

HEALTHY EATING, PROVEN RESULTS

Eating a variety of delicious foods and cutting back on salt can help lower your blood pressure. What are you waiting for? Take control of your heart health with the DASH eating plan.

These menus give examples of heart healthy meals. How can you create your own and make the DASH eating plan part of your daily life?

- Start by learning how your current food habits compare with the DASH eating plan by using the What's on Your Plate[®] worksheet for a few days.
- Explore the Heart Healthy Eating webpage (hearthealthy eating.nhlbi.nih.gov) to try new foods or learn how to make old favorites heart healthy.
- Choose your favorite foods from each of the DASH food groups based on your daily calorie needs to make your own healthy menus.
- Don't worry if some days are off target for your daily totals. Just try your best to keep the average of several days close to the recommended servings and sodium levels.

Following the DASH eating plan means you'll be eating delicious food that is also good for you. It can help you control your blood pressure, manage your weight, and lower LDL (bad) cholesterol levels—keeping your heart healthy.

KEY TO FOOD GROUPS

- Grains
- Vegetables
- Fruits
- Dairy
- Meat, Fish, and Poultry
- Nuts, Seeds, and Legumes
- Fats and Oils
- Sweets and Added Sugars

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and lower your risk for heart disease. To learn more, go to www.nhlbi.nih.gov/DASH.

National Heart, Lung, and Blood Institute

DASH EATING PLAN

DAY 1 A Week With DASH

The Day 1 menu contains this number of servings from each DASH Food Group:

- 5 Grains
- 5 Vegetables
- 6 Fruits
- 2 1/2 Dairy
- 6 Meat, Fish, and Poultry
- 1 1/2 Nuts, Seeds, and Legumes
- 3 1/2 Fats and Oils
- 0 Sweets and Added Sugars

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

Breakfast (Sodium: 220)

- 1 cup bran flakes cereal
- 1 medium banana
- 1 cup low-fat milk
- 1 slice whole wheat bread
- 1 tsp soft (but) margarine
- 1 cup orange juice

219 mg less sodium
By choosing whole wheat instead of bran flakes.

Lunch (Sodium: 179)

- 1/2 cup chickpea salad
- 2 slices whole wheat bread
- 1 Tbsp Dijon mustard
- 1/2 cup fresh cucumber slices
- 1/2 cup tomato wedges
- 1 Tbsp sunflower seeds
- 1 tsp Italian dressing, low calorie
- 1/2 cup fruit cocktail, juice pack

59 mg less sodium
Replace the chicken salad with cut lettuce.

Dinner (Sodium: 23)

- 1/2 lb roast beef, eye of the round
- 2 Tbsp beef gravy, fat-free
- 1 cup green beans, sautéed with:
- 1/2 cup carrots
- 1 small baked potato
- 1 Tbsp sour cream, fat-free
- 1 Tbsp natural cheddar cheese, reduced fat
- 1 Tbsp chopped scallions
- 1 small whole wheat roll
- 1 tsp soft (but) margarine
- 1 small apple
- 1 cup low-fat milk

196 mg less sodium
Use regular mustard instead of Dijon mustard.

Snacks (Sodium: 85)

- 1/2 cup almonds, unsalted
- 1/2 cup raisins
- 1/2 cup fruit yogurt, fat-free, no sugar added

26 mg less sodium
Use unsalted margarine.

TOTAL SODIUM (mg) FOR DAY: 2,300

Total nutrients per day: 2,062 calories, 63 g total fat, 28% calories from fat, 15 g saturated fat, 6% calories from saturated fat, 155 mg cholesterol, 2,039 mg sodium, 26 g carbohydrates, 16 g protein, 220 mg calcium, 54 mg magnesium, 49 mg potassium, 37 g fiber

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and lower your risk for heart disease. To learn more, go to www.nhlbi.nih.gov/DASH.

National Heart, Lung, and Blood Institute

What's on Your Plate?

These worksheets help you track what you eat and drink and describe serving sizes in each of the major food groups. They can help you assess your current eating habits or monitor your efforts with DASH based on your caloric needs ranging from 1,200 to 2,600 calories per day.

What's on Your Plate?

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1-2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the Body Weight Planner (niddk.nih.gov/bwpl). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

TODAY'S DATE: / /

DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups. Fill in the number of servings that match the food from you've listed. See how well you eat compares to the DASH eating plan.

Grains (mostly whole grains)
4-5 servings per day
○○○○○

Vegetables
3-4 servings per day
○○○○○

Fruits
3-4 servings per day
○○○○○

Dairy (fat-free/low-fat)
2-3 servings per day
○○○

Lean Meats, Fish, and Poultry
3 servings or less per day
○○○

Fats and Oils
1 serving per day
○○○

Nuts, Seeds, and Legumes
3 servings per week
○○○

Sweets and Added Sugars
3 servings or less per week
○○○

TOTAL CALORIES: _____ **TOTAL SODIUM (MG):** _____

Total your numbers. Your daily targets are 1,200 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see A Week With DASH for menu ideas to get closer to your goals.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and lower your risk for heart disease. To learn more, go to www.nhlbi.nih.gov/DASH.

National Heart, Lung, and Blood Institute

Following the DASH Eating Plan FOR 1,200 CALORIES PER DAY

Grains

4-5 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

- 1 slice bread
- 1/2 cup dry cereal
- 1/2 cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3-4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

- 1 cup raw leafy vegetable
- 1/2 cup cut-up raw or cooked vegetable
- 1/2 cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

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National Heart, Lung, and Blood Institute

MORE INFORMATION

NHLBI Center for Health Information
P.O. Box 30105, Bethesda, MD 20824-0105
nhlbiinfo@nhlbi.nih.gov
1-877-NHLBI4U (1-877-645-2448)
For access to free Telecommunications Relay Services (TRS), dial 7-1-1 on your telephone.

To learn more about high blood pressure, the DASH eating plan, and NHLBI research in this area, visit NHLBI's high blood pressure webpage: www.nhlbi.nih.gov/hypertension.

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National Heart, Lung, and Blood Institute

Making the Move to DASH



peas



bell pepper



squash



shrimp



chickpeas

HEALTHY EATING, PROVEN RESULTS

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.

Change gradually.

- If you now eat one or two servings of vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
- Gradually increase your use of milk, yogurt, and cheese to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol.
- Choose fat-free or low-fat (1 percent) milk, yogurt, and reduced-fat cheese to reduce your intake of saturated fat, cholesterol, and calories and to increase your calcium.
- Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and *trans* fat.

Vary your proteins.

- Choose lean cuts of meat and remove skin from poultry.
- Check the labels on ground meats and poultry and select those with lower saturated fat.
- Serve fish instead of meat or poultry once or twice each week.
- Include two or more vegetarian (meatless) meals each week.

- Aim to fill ½ your plate with vegetables and fruits, ¼ with whole grains, and ¼ with fish, lean meat, poultry, or beans.
- Add extra vegetables to casseroles, pasta, and stir-fry dishes.

Select nutritious, tasty snacks.

- Fruits offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits are fast and easy and dried fruits are a good choice to carry with you or to have in the car.
- Try these snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables.

Make healthy substitutions.

- Choose whole grain foods for most grain servings to get more nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- If you have trouble digesting milk and milk products, try taking lactase enzyme pills with the milk products. Or, buy lactose-free milk.
- If you are allergic to nuts, use beans or seeds (such as sunflower, flax, or sesame seeds).

Tips To Reduce Salt and Sodium

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

zucchini

Swiss cheese

bread

EASY TIPS FOR DINING OUT

Move the salt shaker away.

This simple first step could become second nature.

Research the restaurant's menu before going out.

Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.

Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.

A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.

Choose fruit or vegetables instead of salty snacks, chips, or fries.

Where's the sodium?



brown rice

green beans

strawberries

black-eyed peas

milk

tuna

Most of the sodium we eat comes from added salt in packaged or prepared foods. Only a small amount occurs naturally in foods. Check Nutrition Facts labels and choose foods with lower sodium levels.

Grains	Serving Size	Milligrams of Sodium
Cooked cereal, rice, pasta (unsalted)	½ cup	0-15
Ready-to-eat packaged cereal	½ cup	0-360
Bread	1 slice	120-210
Vegetables		
Fresh or frozen, cooked without salt	½ cup	0-70
Canned or frozen with sauce	½ cup	190-430
Pasta sauce, jarred	½ cup	270-490
Fruits		
Fresh, frozen, canned	½ cup	0-5
Dairy		
Milk	1 cup	110
Yogurt	1 cup	85-190
Natural cheeses	1 ½ oz	90-480
American cheese, processed	1 slice	200-240
Nuts, Seeds, and Legumes		
Nuts, unsalted	⅓ cup	0-5
Nuts, salted	⅓ cup	70-260
Beans, cooked from dried or frozen (unsalted)	½ cup	0-10
Beans, canned	½ cup	130-450
Meats, Fish, and Poultry		
Fresh or frozen meat, fish, poultry	3 oz	55-75
Fresh or frozen poultry, with broth	3 oz	100-170
Tuna, canned, water pack	3 oz	140-180
Turkey breast, lunch meat	3 oz	540-810
Ham, lean, roasted	3 oz	920-950

DASH EATING PLAN

A Week With the DASH Eating Plan

HEALTHY EATING, PROVEN RESULTS

Eating a variety of delicious foods and cutting back on salt can help lower your blood pressure. What are you waiting for? Take control of your heart health with the DASH eating plan.



whole grain roll



kidney beans



walnuts



bell pepper



chicken



yogurt



rosemary

The DASH eating plan requires no special foods and has no hard-to-follow recipes. The following DASH menus allow you to plan healthy, nutritious meals for a week. There are a variety of delicious whole foods that fill you up while fueling your body and lowering your blood pressure and cholesterol levels. You'll find plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy.

Built around the recommended number of servings in each of the DASH food groups, these menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced-fat versions of products. **These menus are based on 2,000 calories a day.** Serving sizes should be increased or decreased for other calorie levels. Daily sodium levels are either 2,300 milligrams or, by making the suggested changes, 1,500 milligrams.

The total daily servings by DASH food group are listed at the top. Next to each food item on the daily menu, you can check the exact serving amount for that item.

These menus give examples of heart healthy meals. How can you create your own and make the DASH eating plan part of your daily life?

- Start by learning how your current food habits compare with the DASH eating plan by using the [What's on Your Plate?](#) worksheet for a few days.
- Explore the [Heart Healthy Eating webpage \(hearthealthyeating.nhlbi.nih.gov\)](http://hearthealthyeating.nhlbi.nih.gov) to try new foods or learn how to make old favorites heart healthy.
- Choose your favorite foods from each of the DASH food groups based on your daily calorie needs to make your own healthy menus.
- Don't worry if some days are off target for your daily totals. Just try your best to keep the average of several days close to the recommended servings and sodium levels.

Following the DASH eating plan means you'll be eating delicious food that is also good for you. It can help you control your blood pressure, manage your weight, and lower LDL (bad) cholesterol levels—keeping your heart healthy.



blueberries

KEY TO FOOD GROUPS



Grains



Vegetables



Fruits



Dairy



Meats, Fish, and Poultry



Nuts, Seeds, and Legumes



Fats and Oils



Sweets and Added Sugars

DASH EATING PLAN

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National Heart, Lung, and Blood Institute

DAY 1

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 1 menu contains this number of servings from each DASH Food Group

5
Grains

5
Vegetables

6
Fruits

2½
Dairy

6
Meats, Fish, and Poultry

1½
Nuts, Seeds, and Legumes

3½
Fats and Oils

0
Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	¾ cup bran flakes cereal:	220
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
● ●	1 cup orange juice	5

219 mg less sodium
Try shredded wheat cereal instead of bran flakes.

LUNCH SODIUM (MG)

● ● ● ● ●	¾ cup chicken salad:	179
● ●	+ 2 slices whole wheat bread	299
● ● ● ● ●	+ 1 Tbsp Dijon mustard	373
salad:		
●	+ ½ cup fresh cucumber slices	1
●	+ ½ cup tomato wedges	5
●	+ 1 Tbsp sunflower seeds	0
●	+ 1 tsp Italian dressing, low calorie	43
● ●	½ cup fruit cocktail, juice pack	5

59 mg less sodium
Make the chicken salad without salt.

198 mg less sodium
Use regular mustard in place of Dijon mustard.

DINNER SODIUM (MG)

● ● ● ● ●	3 oz roast beef, eye of the round:	35
● ● ● ● ●	+ 2 Tbsp beef gravy, fat-free	165
● ●	1 cup green beans, sautéed with:	12
●	+ ½ tsp canola oil	0
●	1 small baked potato:	14
● ● ● ● ●	+ 1 Tbsp sour cream, fat-free	21
● ● ● ● ●	+ 1 Tbsp natural cheddar cheese, reduced-fat	67
● ● ● ● ●	+ 1 Tbsp chopped scallions	1
● ●	1 small whole wheat roll:	148
● ● ● ● ●	+ 1 tsp soft (tub) margarine	26
● ●	1 small apple	1
● ●	1 cup low-fat milk	107

66 mg less sodium
Use low-sodium, reduced-fat cheddar cheese.

26 mg less sodium
Use unsalted margarine.

SNACKS SODIUM (MG)

● ● ● ● ●	⅓ cup almonds, unsalted	0
● ● ● ● ●	¼ cup raisins	4
● ● ● ● ●	½ cup fruit yogurt, fat-free, no sugar added	86

TOTAL SODIUM (MG) FOR DAY 1 2,101

Total nutrients per day 2,062 calories, 63g total fat, 28% calories from fat, 13g saturated fat, 6% calories from saturated fat, 155mg cholesterol, 2,101mg sodium, 284g carbohydrate, 114g protein, 1,220mg calcium, 594mg magnesium, 4,909mg potassium, 37g fiber

DAY 2

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 2 menu contains this number of servings from each DASH Food Group

6

Grains

5¼

Vegetables

7

Fruits

3

Dairy

3

Meats, Fish, and Poultry

1½

Nuts, Seeds, and Legumes

1½

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	½ cup instant oatmeal	54
●	1 mini whole wheat bagel:	84
●	+ 1 Tbsp peanut butter	81
●	1 medium banana	1
●	1 cup low-fat milk	107

49 mg less sodium
Use regular oatmeal with 1 tsp cinnamon.

LUNCH SODIUM (MG)

chicken breast sandwich:

●●●	+ 3 oz cooked chicken breast, skinless	65
●●	+ 2 slices whole wheat bread	299
●	+ 1 slice (¾ oz) natural cheddar cheese, reduced-fat	202
●	+ 1 large leaf romaine lettuce	1
●	+ 2 slices tomato	2
●	+ 1 Tbsp mayonnaise, low-fat	101
●●	1 cup cantaloupe chunks	26
●●	1 cup apple juice	21

199 mg less sodium
Use reduced-fat, low-sodium, natural Swiss cheese instead of reduced-fat, natural cheddar cheese.

DINNER SODIUM (MG)

●●	1 cup spaghetti:	1
●●	+ ¾ cup <u>vegetarian spaghetti sauce</u>	479
●	+ 3 Tbsp Parmesan cheese	287
	spinach salad:	
●	+ 1 cup fresh spinach leaves	24
●	+ ¼ cup fresh carrots, grated	19
●	+ ¼ cup fresh mushrooms, sliced	1
●	+ 1 Tbsp vinaigrette dressing	1
●	½ cup corn, cooked from frozen	1
●	½ cup canned pears, juice pack	5

226 mg less sodium
Use low-sodium tomato paste in the vegetarian spaghetti sauce recipe.

SNACKS SODIUM (MG)

●	⅓ cup almonds, unsalted	0
●	¼ cup dried apricots	3
●	1 cup fruit yogurt, fat-free, no sugar added	173

TOTAL SODIUM (MG) FOR DAY 2 2,035

Total nutrients per day 2,027 calories, 64g total fat, 28% calories from fat, 13g saturated fat, 6% calories from saturated fat, 114mg cholesterol, 2,035mg sodium, 288g carbohydrate, 99g protein, 1,370mg calcium, 535mg magnesium, 4,715mg potassium, 34 g fiber

DAY 3

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 3 menu contains this number of servings from each DASH Food Group

7

Grains

4^{3/4}

Vegetables

4

Fruits

3

Dairy

5

Meats, Fish, and Poultry

1^{1/4}

Nuts, Seeds, and Legumes

3

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	3/4 cup bran flakes cereal:	220
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
● ●	1 cup orange juice	6

26 mg less sodium
Use unsalted margarine.

219 mg less sodium
Try puffed wheat cereal instead of bran flakes.

LUNCH SODIUM (MG)

beef barbeque sandwich:		
● ●	+ 2 oz roast beef, eye of round	26
	+ 1 Tbsp barbeque sauce	156
●	+ 2 slices (1 1/2 oz) natural cheddar cheese, reduced-fat	405
● ●	+ 1 hamburger bun	183
▲	+ 1 large leaf romaine lettuce	1
▲	+ 2 slices tomato	2
● ●	1 cup new potato salad	17
●	1 medium orange	0

396 mg less sodium
Use low-sodium natural cheddar cheese instead of reduced-fat natural cheddar cheese.

DINNER SODIUM (MG)

● ● ●	3 oz cod:	70
	+ 1 tsp lemon juice	1
●	1/2 cup brown rice	5
● ●	1 cup spinach, cooked from frozen, sautéed with:	184
●	+ 1 tsp canola oil	0
▲	+ 1 Tbsp almonds, slivered	0
●	1 small cornbread muffin, made with oil:	119
●	+ 1 tsp soft (tub) margarine	26

26 mg less sodium
Use unsalted margarine.

SNACKS SODIUM (MG)

●	1 cup fruit yogurt, fat-free, no sugar added	173
▲	1 Tbsp sunflower seeds, unsalted	0
●	2 large graham cracker rectangles:	156
▲	+ 1 Tbsp peanut butter	81

TOTAL SODIUM (MG) FOR DAY 3 2,114

Total nutrients per day 1,997 calories, 56g total fat, 25% calories from fat, 12g saturated fat, 6% calories from saturated fat, 140mg cholesterol, 2,114mg sodium, 289g carbohydrate, 103g protein, 1,537mg calcium, 630mg magnesium, 4,676mg potassium, 34g fiber

DAY 4

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 4 menu contains this number of servings from each DASH Food Group

4

Grains

4¾

Vegetables

7

Fruits

3½

Dairy

5

Meats, Fish, and Poultry

1

Nuts, Seeds, and Legumes

3

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
●	1 cup fruit yogurt, fat-free, no sugar added	173
●	1 medium peach	0
●	½ cup grape juice	4

26 mg less sodium
Use unsalted margarine.

LUNCH SODIUM (MG)

ham and cheese sandwich:

●●	+ 2 oz ham, low-fat, low-sodium	549
●●	+ 2 slices whole wheat bread	299
▲	+ 1 large leaf romaine lettuce	1
■	+ 2 slices tomato	2
■	+ 1 slice (¾ oz) natural cheddar cheese, reduced-fat	202
●	+ 1 Tbsp mayonnaise, low-fat	101
●●	1 cup carrot sticks	84

526 mg less sodium

Try roast beef tenderloin instead of low-fat, low-sodium ham.

198 mg less sodium

Use reduced-fat, low-sodium natural cheddar cheese.

DINNER SODIUM (MG)

●●●●	chicken and Spanish rice	341
●●	1 cup green peas, sautéed with:	115
●	+ 1 tsp canola oil	0
●●	1 cup cantaloupe chunks	26
●	1 cup low-fat milk	107

126 mg less sodium

Use low-sodium tomato sauce in Spanish rice recipe.

SNACKS SODIUM (MG)

●	⅓ cup almonds, unsalted	0
●●	1 cup apple juice	21
●	¼ cup apricots	3
●	1 cup low-fat milk	107

TOTAL SODIUM (MG) FOR DAY 4 2,312

Total nutrients per day 2,024 calories, 59g total fat, 26% calories from fat, 12g saturated fat, 5% calories from saturated fat, 148mg cholesterol, 2,312mg sodium, 279g carbohydrate, 110g protein, 1,417mg calcium, 538mg magnesium, 4,575mg potassium, 35g fiber

DAY 5

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 5 menu contains this number of servings from each DASH Food Group



BREAKFAST SODIUM (MG)

1 cup whole grain oat rings cereal:	273
+ 1 medium banana	1
+ 1 cup low-fat milk	107
1 medium raisin bagel:	272
+ 1 Tbsp peanut butter	81
1 cup orange juice	5

67 mg less sodium
Use unsalted peanut butter.

269 mg less sodium
Try frosted shredded wheat instead of whole grain oat rings cereal.

LUNCH SODIUM (MG)

tuna salad plate:	
+ 1/2 cup tuna salad	171
+ 1 large leaf romaine lettuce	1
+ 1 slice whole wheat bread	149
cucumber salad:	
+ 1 cup fresh cucumber slices	2
+ 1/2 cup tomato wedges	5
+ 1 Tbsp vinaigrette dressing	133
1/2 cup cottage cheese, low-fat:	459
+ 1/2 cup canned pineapple, juice pack	1
+ 1 Tbsp almonds, unsalted	0

67 mg less sodium
Use fat-free yogurt dressing.

96 mg less sodium
Use 6 low-sodium whole wheat crackers.

DINNER SODIUM (MG)

3 oz turkey meatloaf	205
1 small baked potato:	14
+ 1 Tbsp sour cream, fat-free	21
+ 1 Tbsp natural cheddar cheese, reduced-fat, grated	67
+ 1 scallion stalk, chopped	1
1 cup collard greens, sautéed with:	85
+ 1 tsp canola oil	0
1 small whole wheat roll	148
1 medium peach	0

131 mg less sodium
Use low-sodium ketchup in turkey meatloaf.

66 mg less sodium
Use low-sodium, reduced-fat cheese.

147 mg less sodium
Use 6 small melba toast crackers instead of a whole wheat roll.

SNACKS SODIUM (MG)

1 cup fruit yogurt, fat-free, no sugar added	173
2 Tbsp sunflower seeds, unsalted	0

TOTAL SODIUM (MG) FOR DAY 5 2,373

Total nutrients per day 1,976 calories, 57g total fat, 26% calories from fat, 11g saturated fat, 5% calories from saturated fat, 158mg cholesterol, 2,373mg sodium, 275g carbohydrate, 111g protein, 1,470mg calcium, 495mg magnesium, 4,769mg potassium, 30g fiber

DAY 6

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 6 menu contains this number of servings from each DASH Food Group

6

Grains

5³/₄

Vegetables

5

Fruits

2¹/₂

Dairy

6

Meats, Fish, and Poultry

3/4

Nuts, Seeds, and Legumes

3²/₃

Fats and Oils

1

Sweets and Added Sugars

BREAKFAST		SODIUM (MG)
●	1 low-fat granola bar	81
●	1 medium banana	1
▶	½ cup fruit yogurt, fat-free, no sugar added	86
●●	1 cup orange juice	5
●	1 cup low-fat milk	107
LUNCH		SODIUM (MG)
turkey breast sandwich:		
●●●	+ 3 oz cooked turkey breast	48
●●	+ 2 slices whole wheat bread	299
▶	+ 1 large leaf romaine lettuce	1
▶	+ 2 slices tomato	2
▶	+ 2 tsp mayonnaise, low-fat	67
▶	+ 1 Tbsp Dijon mustard	373
●	1 cup steamed broccoli, cooked from frozen	11
●	1 medium orange	0
DINNER		SODIUM (MG)
●●●	3 oz <u>spicy baked fish</u>	50
●●	1 cup scallion rice	18
spinach sauté:		
●	+ ½ cup spinach, cooked from frozen, sautéed with:	92
●●	+ 2 tsp canola oil	0
▶	+ 1 Tbsp almonds, slivered, unsalted	0
●●	1 cup <u>carrots, cooked from frozen</u>	84
●●	1 small <u>whole wheat roll:</u>	148
●	+ 1 tsp soft (tub) margarine	26
●	1 small <u>cookie</u>	60
SNACKS		SODIUM (MG)
▶	2 Tbsp <u>peanuts, unsalted</u>	1
●	1 cup low-fat milk	107
●	¼ cup <u>dried apricots</u>	3
TOTAL SODIUM (MG) FOR DAY 6		1,671

198 mg less sodium
Use 1 Tbsp regular mustard instead of Dijon mustard.

Total nutrients per day 1,939 calories, 58g total fat, 27% calories from fat, 12g saturated fat, 6% calories from saturated fat, 171mg cholesterol, 1,671mg sodium, 268g carbohydrate, 105g protein, 1,210mg calcium, 548mg magnesium, 4,710mg potassium, 36g fiber

DAY 7

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 7 menu contains this number of servings from each DASH Food Group

8¼

Grains

4¾

Vegetables

5

Fruits

4

Dairy

3

Meats, Fish, and Poultry

1½

Nuts, Seeds, and Legumes

2½

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	1 cup whole grain oat rings:	273
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 cup fruit yogurt, fat-free, no sugar added	173

LUNCH SODIUM (MG)

tuna salad sandwich:

● ● ●	+ ½ cup tuna, drained, rinsed	39
●	+ 1 Tbsp mayonnaise, low-fat	101
▲	+ 1 large leaf romaine lettuce	1
■	+ 2 slices tomato	2
● ●	+ 2 slices whole wheat bread	299
●	1 medium apple	1
●	1 cup low-fat milk	107

DINNER SODIUM (MG)

● ● ● ● ●	⅙ recipe zucchini lasagna	368
	salad:	
●	+ 1 cup fresh spinach leaves	24
● ●	+ 1 cup tomato wedges	9
▲	+ 2 Tbsp croutons, seasoned	62
■	+ 1 Tbsp vinaigrette dressing, reduced calorie	133
■	+ 1 Tbsp sunflower seeds	0
● ●	1 small whole wheat roll:	148
●	+ 1 tsp soft (tub) margarine	45
● ●	1 cup grape juice	8

SNACKS SODIUM (MG)

●	⅓ cup almonds, unsalted	0
●	¼ cup dry apricots	3
●	6 whole wheat crackers	166

TOTAL SODIUM (MG) FOR DAY 7 2,069

268 mg less sodium

Try regular oatmeal instead of whole grain oat rings.

203 mg less sodium

Use low-fat, no salt added cottage cheese in zucchini lasagna recipe.

26 mg less sodium
Use unsalted margarine.

132 mg less sodium

Use low-sodium vinaigrette in salad recipe.

Total nutrients per day 1,993 calories, 64g total fat, 29% calories from fat, 13g saturated fat, 6% calories from saturated fat, 71mg cholesterol, 2,069mg sodium, 283g carbohydrate, 93g protein, 1,616mg calcium, 537mg magnesium, 4,693mg potassium, 32g fiber

Tips To Keep on Track

The DASH eating plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track.

broccoli

1 Ask yourself why you got off track.

Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack and start again with the DASH plan.

2 Don't worry about a slip.

Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.

3 See if you tried to do too much at once.

Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.

4 Break the process down into small steps.

This not only keeps you from trying to do too much at once, but also keeps the changes easier. Break complex goals into simpler, attainable steps.

5 Write it down.

Learn what your daily calorie level should be to maintain or reach your goal weight by using the free, interactive, online [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Then use the [What's on Your Plate?](#) worksheet to keep track of what you eat and drink. Knowing what your goal is and then keeping track for several days can help you succeed. You may find, for instance, that you eat sugary or salty snacks while watching television. If so, try keeping healthier snacks on hand. This record also helps you be sure you're getting enough of each food group each day.

6 Celebrate success.

Treat yourself to a nonfood reward for your accomplishments. You could see a new movie, get a massage, or buy yourself flowers or a fun gift.



whole-grain pasta



tomatoes



thyme



peaches

Why the DASH Eating Plan Works

Scientific studies show that following DASH and eating less sodium can help you lower your blood pressure and LDL cholesterol.



fish



apple



almonds



spinach



sweet potato



yogurt



barley

What you choose to eat affects your chances of developing hypertension, otherwise known as high blood pressure. Blood pressure can be unhealthy even if it stays only slightly above the optimal level of less than 120/80 mmHg. The more your blood pressure rises above normal, the greater the health risk.

Scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) have conducted multiple scientific trials since the Dietary Approaches to Stop Hypertension—or DASH eating plan—was developed more than 20 years ago. Their findings showed that blood pressures were reduced with an eating plan that emphasizes vegetables, fruits, and whole grains and includes fish, poultry, beans, nuts, and healthy oils. It limits foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. It is also lower in sodium compared to the typical American diet and reduces sugar-sweetened beverages and sweets.

The DASH eating plan follows heart healthy guidelines to limit saturated fat and trans fat. It focuses on eating more foods rich in nutrients that can help lower blood pressure—mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it also meets other nutrient requirements as recommended by the National Academies of Sciences, Engineering, and Medicine.

DAILY NUTRIENT LEVELS OF THE ORIGINAL DASH EATING PLAN

Total Fat	27% of calories
Saturated Fat	6% of calories
Protein	18% of calories
Carbohydrate	55% of calories
Sodium	2,300 mg*
Potassium	4,700 mg
Calcium	1,250 mg
Magnesium	500 mg
Cholesterol	150 mg
Fiber	30 g

*Lower sodium to 1,500 mg for further reduction in blood pressure, if needed.

The Science Behind the DASH Eating Plan

The importance of eating more vegetables, fruits, whole grains along with low-fat dairy, poultry, fish, beans, and nuts has been proven in multiple research trials. The combination of the DASH eating plan and reduced sodium creates the biggest benefit, lowering blood pressure significantly.

STUDY 1 Original DASH eating plan

The first DASH trial involved 459 adults with systolic blood pressures of less than 160 mmHg and diastolic pressures of 80–95 mmHg. About 27 percent of the participants had high blood pressure. About 50 percent were women and 60 percent were African Americans. It compared three eating plans: one that included foods similar to what many Americans regularly eat; one that included foods similar to what many Americans regularly eat plus more fruits and vegetables; and the DASH eating plan. All three plans included about 3,000 milligrams of sodium daily. None of the plans were vegetarian or used specialty foods.

Results were dramatic. Participants who followed either the plan that included more fruits and vegetables or the DASH eating plan had reduced blood pressure. But the DASH eating plan had the greatest effect, especially for those with high blood pressure. Furthermore, the blood pressure reductions came fast—within 2 weeks of starting the plan.

STUDY 2 Varied sodium levels

The second DASH trial looked at the effect on blood pressure of a reduced dietary sodium intake as participants followed either the DASH eating plan or an eating plan typical of what

many Americans consume. This trial involved 412 participants. Participants were randomly assigned to one of the two eating plans and then followed for a month at each of the three sodium levels. The three sodium levels were: a higher intake of about 3,300 milligrams per day (the level consumed by many Americans), an intermediate intake of about 2,300 milligrams per day, and a lower intake of about 1,500 milligrams per day.

Results showed that reducing dietary sodium lowered blood pressure for both eating plans. At each sodium level, blood pressure was lower on DASH than on the typical American eating plan. The greatest blood pressure reductions were for DASH at the sodium intake of 1,500 milligrams per day. Those with high blood pressure saw the greatest reductions.

STUDY 3 Higher protein or healthy fats

As the science around DASH evolves over time, the overall benefits to heart health continue to be evaluated. The OmniHeart (Optimal Macronutrient Intake Trial for Heart Health) trial studied the effect of replacing some daily carbohydrates—or carbs—with either protein (about half from plant sources) or unsaturated fat. This trial included 164 adults who had systolic

blood pressure readings of 120 to 159 mmHg. The trial compared three dietary patterns, each containing 2,300 mg of sodium per day—the original DASH plan, substituting 10 percent of daily carbs with protein, and substituting 10 percent of total daily carbs with unsaturated fat.

OmniHeart found that participants who followed either variation of DASH, partially substituting carbs with protein (about half from plant sources) or unsaturated fat, had greater reductions in blood pressure and improvements in blood lipid levels than those who followed the original DASH eating plan.

Success with DASH

DASH along with other lifestyle changes can help you prevent and control high blood pressure. In fact, if your blood pressure is not too high, you may be able to control it entirely by changing your eating habits, losing weight if you are overweight, getting regular physical activity, and cutting down on alcohol. **DASH also has other benefits, such as lowering LDL (“bad”) cholesterol, and replacing some carbs with protein or unsaturated fat can have an even greater effect. Along with lowering blood pressure, lower cholesterol can reduce your risk for heart disease.**

What's on Your Plate? 1,200 calories a day

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1–2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

TODAY'S DATE

/ /

DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups.

Fill in the number of servings that match the food item you've listed.

See how what you eat compares to the DASH eating plan.

BREAKFAST	CALORIES	SODIUM (MG)

LUNCH	CALORIES	SODIUM (MG)

DINNER	CALORIES	SODIUM (MG)

SNACKS	CALORIES	SODIUM (MG)

Grains (mostly whole grains)
4–5 servings per day

Vegetables
3–4 servings per day

Fruits
3–4 servings per day

Dairy (fat-free/low-fat)
2–3 servings per day

Lean Meats, Fish, and Poultry
3 servings or less per day

Fats and Oils
1 servings per day

Nuts, Seeds, and Legumes
3 servings per week

Sweets and Added Sugars
3 servings or less per week

Total your numbers. Your daily targets are 1,200 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see [A Week With DASH](#) for menu ideas to get closer to your goals.

TOTAL CALORIES

TOTAL SODIUM (MG)

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,200 CALORIES PER DAY

Grains

4–5 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3–4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

Fruits

3–4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2–3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk

1 cup yogurt

1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Lean Meats, Fish, Poultry, and Eggs

3 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

1 SERVING PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine

1 tsp vegetable oil

1 tbsp mayonnaise

2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Nuts, Seeds, and Legumes

3 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

⅓ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or ½ oz seeds

½ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

½ cup sorbet, gelatin

1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

DASH EATING PLAN

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National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,200 CALORIES PER DAY



oatmeal

whole wheat bread

brown rice

kale

green beans

vegetable juice

Grains

4-5 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3-4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

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National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,200 CALORIES PER DAY

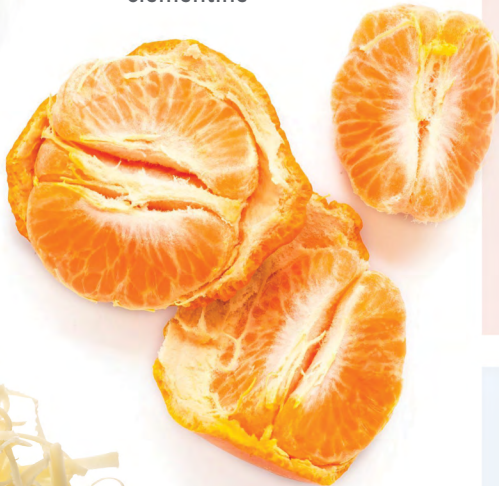
dried fruit



apple



clementine



shredded cheese



sliced cheese



milk



Fruits

3-4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2-3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk

1 cup yogurt

1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Following the DASH Eating Plan

FOR 1,200 CALORIES PER DAY



Lean Meats, Fish, Poultry, and Eggs

3 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

1 SERVING PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine

1 tsp vegetable oil

1 tbsp mayonnaise

2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Following the DASH Eating Plan

FOR 1,200 CALORIES PER DAY

peanut butter



dried beans

sunflower seeds



honey

jam



hard candies

Nuts, Seeds, and Legumes

3 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

$\frac{1}{3}$ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or $\frac{1}{2}$ oz seeds

$\frac{1}{2}$ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

$\frac{1}{2}$ cup sorbet, gelatin

1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

What's on Your Plate? 1,400–1,600 calories a day

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1–2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

TODAY'S DATE

/ /

DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups.

Fill in the number of servings that match the food item you've listed.

See how what you eat compares to the DASH eating plan.

BREAKFAST	CALORIES	SODIUM (MG)

LUNCH	CALORIES	SODIUM (MG)

DINNER	CALORIES	SODIUM (MG)

SNACKS	CALORIES	SODIUM (MG)

Grains (mostly whole grains)

5–6 servings per day

Vegetables

3–4 servings per day

Fruits

4 servings per day

Dairy (fat-free/low-fat)

2–3 servings per day

Lean Meats, Fish, and Poultry

3–4 servings or less per day

Fats and Oils

1–2 servings per day

Nuts, Seeds, and Legumes

3–4 servings per week

Sweets and Added Sugars

3 servings or less per week

Total your numbers. Your daily targets are 1,400–1,600 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see [A Week With DASH](#) for menu ideas to get closer to your goals.

TOTAL CALORIES

TOTAL SODIUM (MG)

DASH EATING PLAN

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National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY

Grains

5–6 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread
1 oz dry cereal
½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3–4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable
½ cup cut-up raw or cooked vegetable
½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

Fruits

4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit
¼ cup dried fruit (unsweetened)
½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2–3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk
1 cup yogurt
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Lean Meats, Fish, Poultry, and Eggs

3–4 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry
1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

1–2 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Nuts, Seeds, and Legumes

3–4 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

⅓ cup or 1½ oz nuts (unsalted)
2 tbsp peanut butter
2 tbsp or ½ oz seeds
½ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar
1 tbsp jelly or jam
½ cup sorbet, gelatin
1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY



oatmeal

whole wheat bread

brown rice

kale

green beans

vegetable juice

Grains

5-6 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3-4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

DASH EATING PLAN

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National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY



dried fruit

apple

clementine

shredded cheese

sliced cheese

milk

Fruits

4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2-3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk

1 cup yogurt

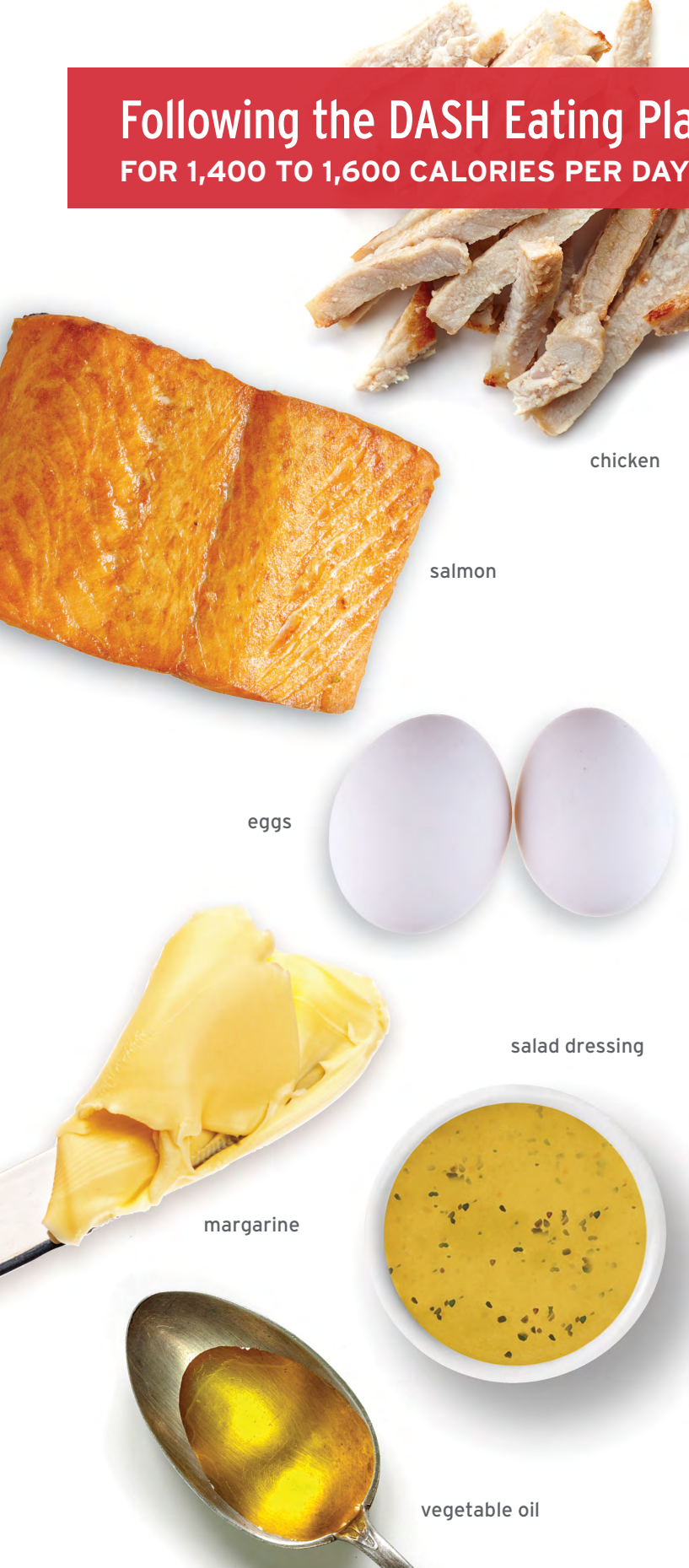
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY



Lean Meats, Fish, Poultry, and Eggs

3-4 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry
1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

1-2 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY

peanut butter



dried beans

sunflower seeds



Nuts, Seeds, and Legumes

3-4 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

$\frac{1}{3}$ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or $\frac{1}{2}$ oz seeds

$\frac{1}{2}$ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas



honey

jam



hard candies

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

$\frac{1}{2}$ cup sorbet, gelatin

1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

What's on Your Plate?

1,800–2,000 calories a day

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1–2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the [Body Weight Planner](http://niddk.nih.gov/bwp) (niddk.nih.gov/bwp). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

TODAY'S DATE

/ /

DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups.

Fill in the number of servings that match the food item you've listed.

See how what you eat compares to the DASH eating plan.

BREAKFAST	CALORIES	SODIUM (MG)

LUNCH	CALORIES	SODIUM (MG)

DINNER	CALORIES	SODIUM (MG)

SNACKS	CALORIES	SODIUM (MG)

Grains (mostly whole grains)
6–8 servings per day

Vegetables
4–5 servings per day

Fruits
4–5 servings per day

Dairy (fat-free/low-fat)
2–3 servings per day

Lean Meats, Fish, and Poultry
6 servings or less per day

Fats and Oils
2–3 servings per day

Nuts, Seeds, and Legumes
4–5 servings per week

Sweets and Added Sugars
5 servings or less per week

Total your numbers. Your daily targets are 1,800–2,000 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see [A Week With DASH](#) for menu ideas to get closer to your goals.

TOTAL CALORIES

TOTAL SODIUM (MG)



The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,800 TO 2,000 CALORIES PER DAY

Grains

6–8 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread
1 oz dry cereal
½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

4–5 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable
½ cup cut-up raw or cooked vegetable
½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

Fruits

4–5 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit
¼ cup dried fruit (unsweetened)
½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2–3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk
1 cup yogurt
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry
1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

2–3 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Nuts, Seeds, and Legumes

4–5 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

⅓ cup or 1½ oz nuts (unsalted)
2 tbsp peanut butter
2 tbsp or ½ oz seeds
½ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

5 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar
1 tbsp jelly or jam
½ cup sorbet, gelatin
1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

Following the DASH Eating Plan

FOR 1,800 TO 2,000 CALORIES PER DAY



oatmeal

whole wheat bread

brown rice



green beans

kale

vegetable juice



Grains

6-8 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

4-5 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

Following the DASH Eating Plan

FOR 1,800 TO 2,000 CALORIES PER DAY



dried fruit

apple

clementine

shredded cheese

sliced cheese

milk

Fruits

4-5 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2-3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk

1 cup yogurt

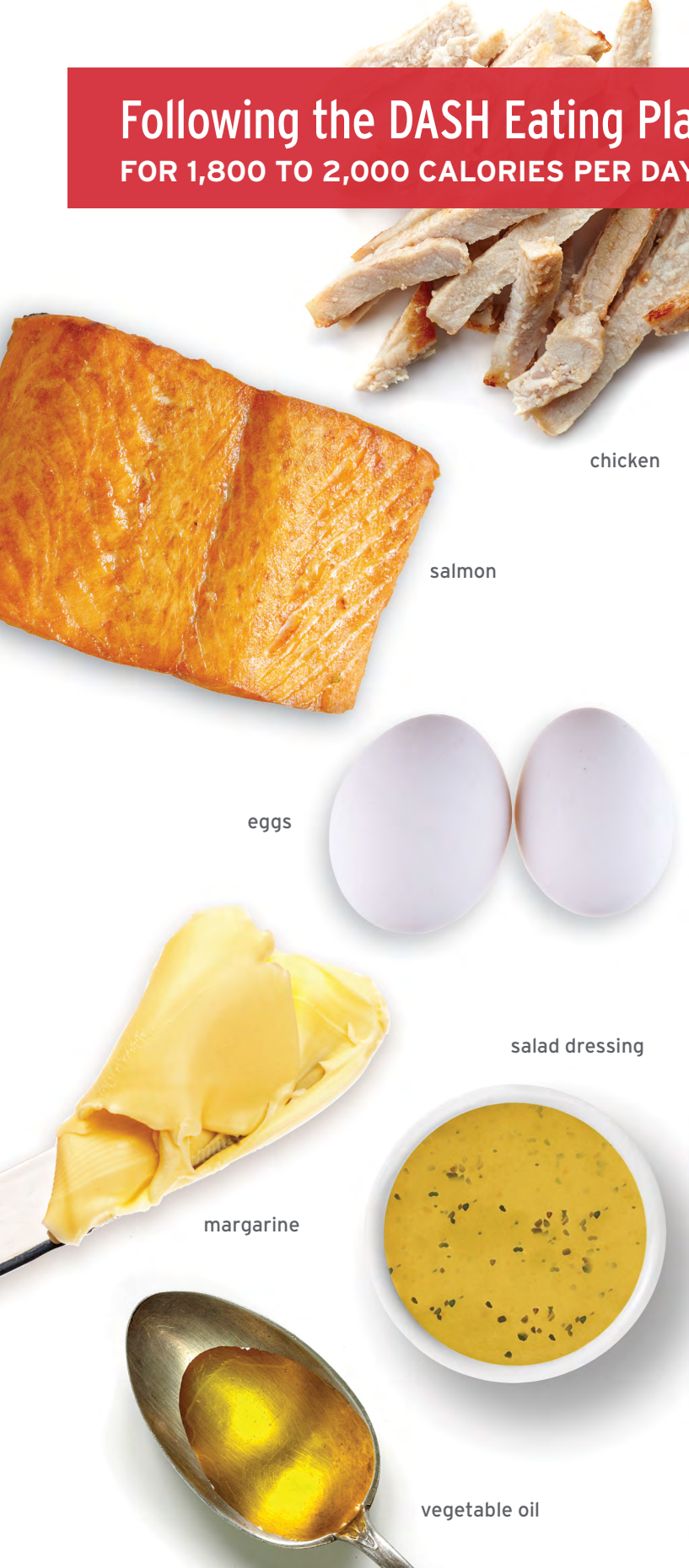
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Following the DASH Eating Plan

FOR 1,800 TO 2,000 CALORIES PER DAY



chicken

salmon

eggs

salad dressing

margarine

vegetable oil

Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

2-3 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine

1 tsp vegetable oil

1 tbsp mayonnaise

2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Following the DASH Eating Plan

FOR 1,800 TO 2,000 CALORIES PER DAY

peanut butter



dried beans

sunflower seeds



honey

jam



hard candies

Nuts, Seeds, and Legumes

4-5 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

$\frac{1}{3}$ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or $\frac{1}{2}$ oz seeds

$\frac{1}{2}$ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

5 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

$\frac{1}{2}$ cup sorbet, gelatin

1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

What's on Your Plate? 2,600 calories a day

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1–2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

TODAY'S DATE

/ /

DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups.

Fill in the number of servings that match the food item you've listed.

See how what you eat compares to the DASH eating plan.

BREAKFAST	CALORIES	SODIUM (MG)

LUNCH	CALORIES	SODIUM (MG)

DINNER	CALORIES	SODIUM (MG)

SNACKS	CALORIES	SODIUM (MG)

Grains (mostly whole grains)

10–11 servings per day

Vegetables

5–6 servings per day

Fruits

5–6 servings per day

Dairy (fat-free/low-fat)

3 servings per day

Lean Meats, Fish, and Poultry

6 servings or less per day

Fats and Oils

3 servings per day

Nuts, Seeds, and Legumes

1 serving per day

Sweets and Added Sugars

2 servings or less per day

Total your numbers. Your daily targets are 2,600 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see [A Week With DASH](#) for menu ideas to get closer to your goals.

TOTAL CALORIES	TOTAL SODIUM (MG)



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National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 2,600 CALORIES PER DAY

Grains

10–11 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread
1 oz dry cereal
½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

5–6 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable
½ cup cut-up raw or cooked vegetable
½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

Fruits

5–6 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit
¼ cup dried fruit (unsweetened)
½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk
1 cup yogurt
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry
1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

3 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Nuts, Seeds, and Legumes

1 SERVING PER DAY

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

⅓ cup or 1½ oz nuts (unsalted)
2 tbsp peanut butter
2 tbsp or ½ oz seeds
½ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

2 OR LESS SERVINGS PER DAY

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar
1 tbsp jelly or jam
½ cup sorbet, gelatin
1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

Following the DASH Eating Plan

FOR 2,600 CALORIES PER DAY



oatmeal

whole wheat bread

brown rice

kale

green beans

vegetable juice

Grains

10–11 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

5–6 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

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Following the DASH Eating Plan

FOR 2,600 CALORIES PER DAY



dried fruit

apple

clementine

shredded cheese

sliced cheese

milk

Fruits

5-6 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk

1 cup yogurt

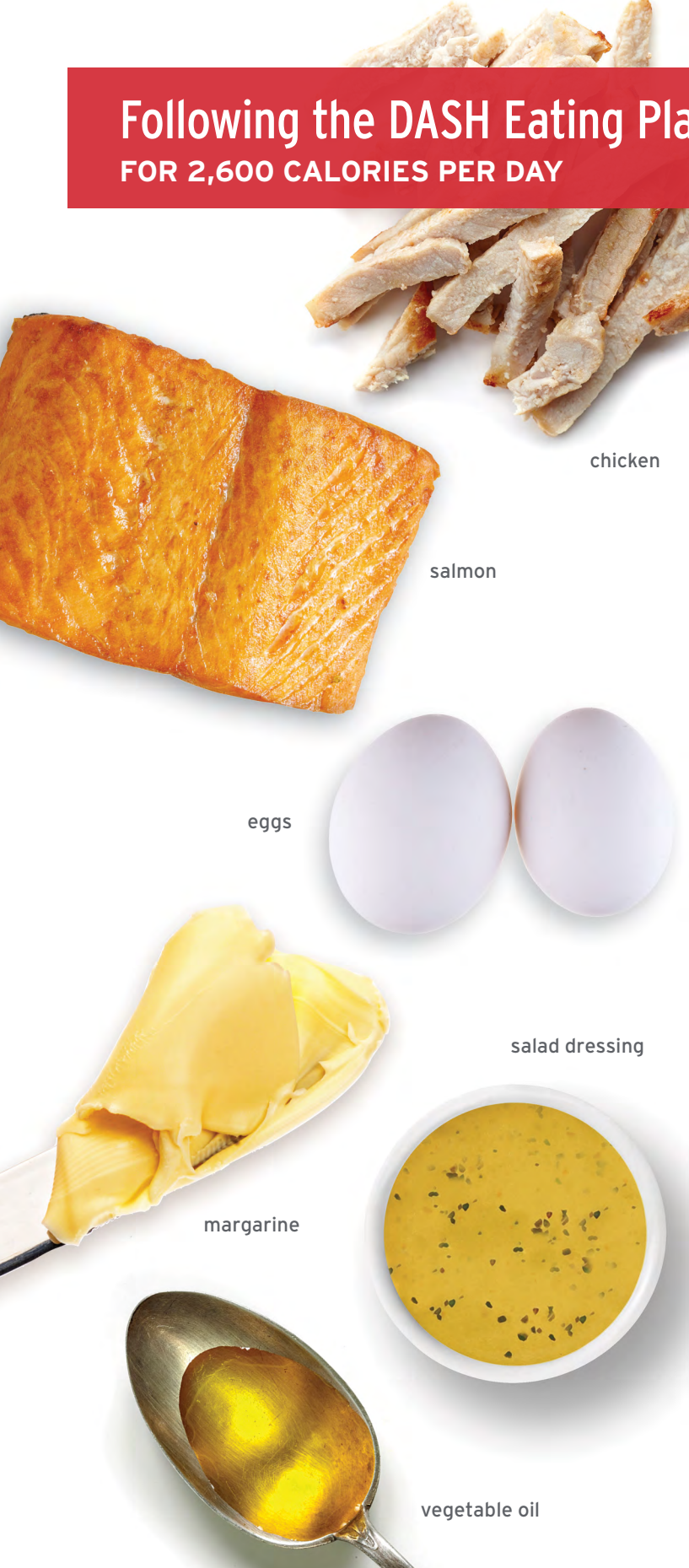
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Following the DASH Eating Plan

FOR 2,600 CALORIES PER DAY



Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

3 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine

1 tsp vegetable oil

1 tbsp mayonnaise

2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Following the DASH Eating Plan

FOR 2,600 CALORIES PER DAY

peanut butter



dried beans

sunflower seeds



Nuts, Seeds, and Legumes

1 SERVING PER DAY

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

$\frac{1}{3}$ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or $\frac{1}{2}$ oz seeds

$\frac{1}{2}$ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas



honey

jam



hard candies

Sweets and Added Sugars

2 OR LESS SERVINGS PER DAY

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

$\frac{1}{2}$ cup sorbet, gelatin

1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

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